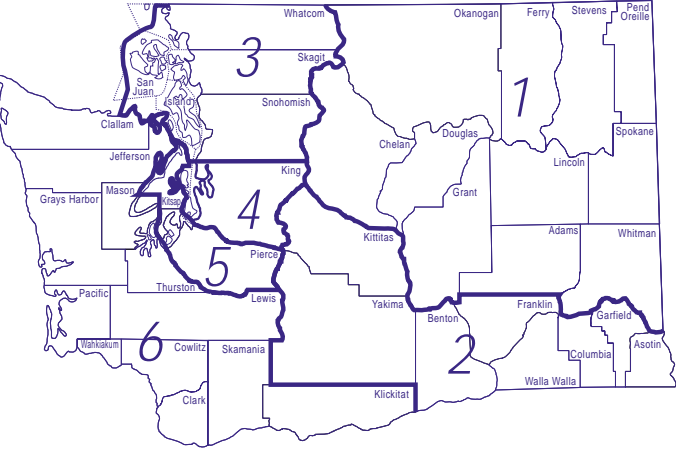


For more information

To ask about or apply for the services in this brochure, please call your local Home and Community Services office.



Aging and Adult Services Administration (AASA)
Home and Community Services
Regional Offices

Region 1
Spokane, Grant,
Okanogan, Adams, Chelan,
Douglas, Lincoln, Ferry,
Stevens, Whitman, and
Pend Oreille Counties
1-800-459-0421

Region 2
Yakima, Kittitas, Benton,
Franklin, Walla Walla,
Columbia, Garfield,
and Asotin Counties
1-800-822-2097

Region 3
Snohomish, Skagit,
Island, San Juan, and
Whatcom Counties
1-866-608-0836

Region 4
King County
1-800-346-9257

Region 5
Pierce County
1-800-442-5129
Kitsap County
1-800-422-7114

Region 6
Thurston, Mason,
Lewis, Clallam, Jefferson,
Grays Harbor, Pacific,
Wahkiakum, Cowlitz,
Skamania, Klickitat, and
Clark Counties
1-800-462-4957



**Aging &
Adult Services
Administration (AASA)**

Long-Term
Care
A Guide to
Long-Term Care Services
provided through
Aging and Adult
Services Administration



Washington State
Department of Social
& Health Services

Aging & Adult Services Administration (AASA)

Our Goal

To protect
consumers' safety, rights,
and quality of care.

Aging and Adult Services Administration
(AASA) assists adults who need help because
of functional disability. We make sure they
receive on-going quality care and needed
services.

AASA also licenses and monitors long-term care
facilities to ensure they meet our high
standards. We train staff and contractors and
conduct criminal background checks on staff
and providers. We investigate cases of
reported abuse, neglect, or exploitation of
vulnerable adults and work to ensure all adults
live free of abuse.



Here is a summary of the many
services offered by AASA.

Comprehensive Assessment
Often the first contact with AASA staff and services is with
a social worker or nurse who makes an in-person visit to
assess your needs, preferences, and resources. Staff will
help you identify services that will support you in the most
independent living arrangement. With this information,
you choose a plan of services for which you are eligible.

Staff from your local AASA Home and Community
Services or Area Agency on Aging office will follow up to
make sure that the services are effective and continue to
meet your needs.

In-Home Services

Many services can help you stay in your own home.
Services can help meet your needs with:

- Activities of daily living (personal hygiene, toileting,
bathing, dressing, cooking and eating);
- Keeping up your house (essential shopping, laundry,
and housework), and
- Some medical services (home health care, care for the
terminally ill, help with medications, and transportation
to medical appointments).

Services such as senior centers, congregate or home-
delivered meals, and legal services are available for people
age 60 or older. Adult day health care, transportation,
home health, hospice, and support groups are available in
most communities.

Payment sources for all services
vary and may include private funding, private insurance,
Medicare, Medicaid, or Veterans Administration funds.

Family Caregiver Support Program
The Family Caregiver Support Program (FCSP) provides support services for family and other unpaid caregivers providing care for adults with functional disabilities.

FCSP offers specialized information and help getting services, caregiver training, counseling, support groups, and respite care. Respite care provides relief for families or other unpaid caregivers of adults with disabilities.

Certain eligibility rules apply and services vary by geographic areas. Contact your local Area Agency on Aging (AAA) office for more information. Look in the yellow pages of your phone book under “Senior Services” or “Disabled Persons Assistance” to find the AAA office nearest you.

Reporting Suspect Abuse

If you have a concern about care or services in a nursing facility, adult family home, or boarding home, call toll-free 1-800-562-6078.

If you have a concern about possible abuse or neglect of someone living at home, call toll-free 1-866-EndHarm (1-866-363-4276).

All complaints are confidential and DSHS or another agency will investigate.

You can report anonymously. Trained Department of Social and Health Services (DSHS) staff will investigate.

To find out about local services available for people over 60, contact your local Senior Information and Assistance office (look in the yellow pages under “Senior Services”) or ask at your local HCS office.

Residential Services
AASA licenses and monitors community residential facilities that offer physical, medical, and social services.

Adult Family Homes
These are residential homes licensed to care for two to six residents. They provide room, board, laundry, necessary supervision, assistance with activities of daily living and personal care tasks. Additional services vary.

Boarding Homes
These facilities are licensed to care for seven or more residents. They provide room, board, laundry, assistance with activities of daily living, and some supervision.

Boarding homes that contract with AASA to provide Assisted Living services offer private apartments. They provide help with activities of daily living, medication assistance, limited supervision, organized activities, and limited nursing services.

Boarding Homes that contract with AASA to provide Enhanced Adult Residential Care services can provide limited nursing care. No more than two people will share a room.

Nursing Facilities
Nursing facilities provide 24-hour supervision by a nurse, personal care, therapy, supervised nutrition, organized activities, social services, room, board, and laundry services.

Sometimes a person enters a nursing facility for short-term rehabilitation or their health improves and they no longer need nursing facility care. Nursing Facility Case Management provides ongoing client contact to promote a timely return home or to another care setting.

Medicaid
If you need help paying for services, contact your local Home and Community Services office. Staff can help you apply for Medicaid (See back of brochure for local office numbers).

Recovery of Medicaid Funds From Your Estate
By law, the state must recover payments DSHS has made for certain long-term care benefits and medical services the recipient received prior to death. This payment is taken from the recipient’s estate (resources owned at the time of death). This is called estate recovery. Estate recovery does not occur until after the recipient’s death. Washington State will recover funds from estates of recipients for:

- The following long-term care services received after age 55: nursing facility services, Medicaid personal care services, adult day health, private pay nursing, or COPES.
- State-funded long-term care services received at any age. State-funded services include chore services, adult family home, adult residential care, and bed hold payments made to residential facilities.

The state will also recover costs of other medical services received during the time the recipient received long-term care services.

Collection only applies to assets the recipient owned or had an interest in at the time of death. The state will not begin recovery efforts during the life of a surviving spouse or while a surviving child is under age 21, blind, or disabled. Hardship provisions to protect dependent heirs may apply.

For more information, consult an attorney with experience in Medicaid law.

Video Available
AASA has a video that will explain the services in this brochure. Ask your social worker or case manager for a free copy of **Options: You Have a Choice**, or...
CALL 1-800-422-3263.

Ordering Brochures
To order more copies of this brochure, send a written request to DSHS Warehouse with brochure name, publication number (DSHS 22-916[x]), and the quantity you want. There is no charge for the brochures. Send requests to the DSHS Warehouse by:

MAIL P. O. Box 45816
Olympia, WA 98504-5816
FAX (360/664-0597)
E-MAIL DSHSFPW@dshs.wa.gov.

AASA on the Internet

This brochure and many other DSHS/AASA publications and materials are available on-line on the AASA website. You will find:

- Publications on long-term care topics;
- How to find community resources where you live;
- Boarding home, adult family home, and nursing facility locator;
- A caregiver site loaded with information and resources.

Visit: www.aasa.dshs.wa.gov

It is the policy of the Department of Social and Health Services that people shall not be discriminated against because of race, color, national origin, creed, religion, sex, age, or disability.